

## RECOVERY AND RELAPSE INVENTORY ASSIGNMENT

What fear did your relapse create?

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What guilt did it bring?

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What regret did it create?

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What harm did you do to yourself?

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What financial harm was done?

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What relationship damage was done?

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What did it do to your self-esteem?

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If applicable, what damage was done to your relationship with your Higher Power?

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What other problems did your using create?

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What parts of the recovery program are you not willing to trust?

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Can you identify any reservations (A reservation is “*reserving a right to relapse in your recovery*”)?

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The point of this worksheet is to look back and identify areas you failed to work your program of recovery. If we don't learn from our relapses and become aware of what not to do again we are destined to repeat those same mistakes.

If you are willing to look at your thinking, feelings, and behavior that led to the relapse you are progressing in your recovery.

It is just as important to look at assets, as well as liabilities. We look at what was working in addition to what didn't work. These are areas we want to bring into our awareness this time – so they are not missed.

In what ways was I actively working my program?

Explain/Describe, include how the activity made you feel.

Meetings:

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Sponsor:

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Steps:

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Higher Power (if applicable):

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Service:

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What areas of recovery did I ignore or become complacent?

Explain/Describe, include how the activity made you feel.

Meetings:

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Sponsor:

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Steps:

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Higher Power (if applicable):

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Service:

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In what ways was my life manageable?

Explain/Describe, include how the activity made you feel.

Mentally:

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Emotionally:

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Physically:

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Spiritually:

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In what ways was my life unmanageable?

Explain/Describe, include how the activity made you feel.

Mentally:

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Emotionally:

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Physically:

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Spiritually:

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What events/situations affected my life negatively? {People, places, relationships, work)

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How did I handle those events?

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What choices do I think led me back to using?

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Were these choices well thought out or impulsive reactions?

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Were there any warning signs?

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In what ways was I in denial?

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What circumstances could I have handled differently and in what ways?

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How was my emotional life unmanageable without the use of alcohol/drugs?

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What were my thinking processes? How did I lie to myself? How did I justify my actions?

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How did my behavior change and in what ways?

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In what ways did my character defects come into play?

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Was I selfish during this process? If so, explain.

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Did I steal? Explain.

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How did I lose the trust of others in my relapse and how has that impacted me?

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How did resentment play a role in my relapse?

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How was I self-reliant or isolated during this time?

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How did I blame others and why?

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How did I abandon myself and my views?

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In what ways did I depend on others to meet my needs?

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Where did I not take responsibility for myself and my program and how can I correct that?

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In what ways did I give my power to others?

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What do I need to work on?

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What do I need to watch for? Warning signs? Triggers?

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In my best thinking, how could I actively stay aware and work my program differently this time?

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What actions can I take to prevent this from happening again?

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How does my behavior need to change?

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If applicable, how will I rely on my Higher Power to help me make these changes?

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If applicable, how can I align my will with my Higher Power's guidance?

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What does complete surrender mean to me and how can I put it into action?

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What can I do this time that I did not do last time to ensure a stronger recovery program?

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